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Acute Coronary Syndromes

DEVELOPMENT OF TYPE-D-PERSONALITY IN CORONARY PATIENTS: A LONGITUDINAL STUDY

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Background: Recently, the association between Type-D-personality, a combination of negative affectivity and social inhibition with cardiovascular events has attracted great interest. No longitudinal data are available on the development of Type-D-personality in patients with established coronary artery disease (CAD). We therefore aimed at prospectively investigating the development of Type-D-personality in CAD patients.

Material and Methods: Over a follow-up period of 6 years we investigated the development of Type-D-personality in 129 patients with angiographically proven stable CAD by means of a validated standardised questionnaire (DS-14).

Results: The initial prevalence of Type-D-Personality was 24.8% in our cohort of coronary patients; during the follow-up of 6 years it increased to 40.3% (p for trend = 0.003). The prevalence rates of the two components of Type-D-Personality, social inhibition and negative affectivity initially were 37.2% and 40.3%, respectively. Whereas the prevalence of social inhibition increased to 72.9% over 6 years ($p < 0.001$), the prevalence of negative affectivity did not change substantially (45.7% after 6 years, $p = 0.324$).

Conclusion: The prevalence of Type-D-personality in patients with stable CAD increases significantly over time, due to an increase in social inhibition. Given the important role of Type-D-personality for the prognosis for these patients, early preventive psychological interventions in coronary patients appear necessary.